

## **T**hermy™ Rules!

### 1. Always use a food thermometer when you cook

A food thermometer will help you make sure your food has reached a high enough temperature to kill harmful bacteria.

### 2. The color of cooked meat—whether it's pink or brown inside—can fool you.

The only way to be sure cooked food is safe to eat is by using a food thermometer.

### 3. Place the thermometer in the thickest part of most foods, away from any bones and fat.

### 4. Cook food to a safe internal temperature.

145 °F—Beef, lamb, and veal steaks and roasts.

160 °F—Ground beef, pork, veal, and lamb. Pork chops, ribs, and roasts. Egg dishes.

165 °F—Ground turkey and chicken. Stuffing, casseroles, and leftovers.

170 °F—Chicken and turkey breasts.

180 °F—Chicken and turkey: whole bird, legs, thighs, and wings.

Temperatures are in degrees Fahrenheit (°F).

### 5. Check the temperature in several places to be sure the food is cooked evenly.

### 6. Wash the food thermometer with hot, soapy water after using it.

Unscramble each of the clue words. Copy the letters in the numbered cells to the other cells with the same number.

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